

ABSTRACT OF THE DISCLOSURE

A reverse pattern is formed in a track adjacent to a specified track on an optical recording medium with a predetermined light beam capable of writing large recording marks. Thereafter, a normal pattern is formed in an area, of an adjacent track, which is adjacent to the reverse pattern in the specified track with recording light beams of various strengths, the adjacent track being adjacent to the specified track. The specified track is read to detect a plurality of read-out signals according to individual light beam conditions. The adjacent track is read to detect a plurality of read-out signals according to individual light beam conditions. An optimum recording condition is determined for the specified track from the plurality of light beam condition and the read-out signals from the specified track and the adjacent track, and information is recorded in the specified track according to the optimum recording condition. Thus, even when there exists a difference in recording sensitivity between adjacent tracks, since the width of the recording marks can be controlled to be optimum, cross-talk between tracks during signal reproduction and cross-erase during signal recording are restrained to minimum levels, and recording density is improved.

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